

*Hewett*  
A CANDID and IMPARTIAL

A C C O U N T

O F T H E

VERY GREAT PROBABILITY

That there is discovered

A S P E C I F I C

*Job Lundy's Book*  
F O R T H E

G O U T:

*Hampstead Norris Books*

I N W H I C H

*1846*

Several Circumstances are laid open necessary  
to be known by every Gouty Person.

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*Nam qui peccat coram Deo, traditur in manus medici.*

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L O N D O N:

Printed for the Author in York Buildings.

M DCC LXXI.

Drake, R.

A Candid & Impartial Account of the very great probability that there is discovered a Specific for the Gout in which several circumstances are laid open necessary to be known by every gouty person, London 1771. 2/-

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## P R E F A C E.

**A**S I dedicate this Effay to TRUTH, I shall therefore want no better advocate to defend and support it against the censure, and malice, of a rigid, wrong-headed, class of men, who for ever carp at, and find fault with, every method or plan, which runs counter to their emolument. Upon which account, I expect no favour or mercy, but railing, reproaching, and vindictive expressions, which will never disturb, or cause me a moment's uneasiness; therefore, into what hands this well-meaning discourse may fall, to me will be very immaterial.

I have employed my time and thoughts for many years, in this abstruse, perplexing malady, the Gout,

in or to investigate and explain it, which has hitherto baffled and foiled the ingenious and inquisitive in the medical science; and, I have so happily succeeded therein, as to discover a specific remedy for it, which I am positively assured cannot once fail in doing honour to this most lucrative profession.

While all other arts and sciences have been advanced, and brought almost to a state of perfection, the progress of physic, especially in this disease, has been so extremely slow, that the professors of it appear lethargic; but though I am advanced into years, yet (by God's good providence) I hope, I shall so acquit myself, that this age will grant me the pleasureable epithet, not only of the industrious, but useful member of that society to which I have been annexed for near fifty years.

To assign a *rationale*, why this nation is more afflicted with this distemper



stemper than others, is no way difficult, when we consider the luxurious manner in which they peculiarly live. They have better appetites ; drink, in common to their victuals, large quantities of strong liquors ; and after their meals, freely indulge themselves (without thought of the consequence) in generous wines, while they neglect to annex (to this good living) a proportionate degree of exercise and labour. Besides, as they reside in a moist northern island, abounding with cold, raw vapours, perspiration is hindered : this produces a rich mass of blood, loaded with salts, sulphurs, and particles of a fiery, caustic nature, which together generate the Gout. Hence it happens, that (from the abundance of salts, sulphurs and pungent impurities, introduced into the blood, by excess in food and fluids, and the want of exercise and labour) the whole mass is rendered viscid ; circulation is retarded, and the vessels obstructed ; by which means that pain is caused, which arises from the inflammation

inflammation of the membranes, tendons, &c. The inflammation always bears an exact proportion with the degree of obstruction.

As the persons most liable to the Gout are those that feed high, and indulge their appetites; therefore, if nature cannot separate and throw off the pestiferous salts, upon the joints, that they may not offend the general œconomy, and prevent their attacking the capital or noble parts, the constitution must naturally suffer by some violent and fatal distemper.

The purpose of the ensuing treatise, is, to speak of a practice that will defend itself; and, we are told, the best praise of a Physician is, to seek new remedies for diseases which have baffled the old ones; therefore, as a just debt which I owe to mankind (and the importance of the subject claims it) I make no other apology for the publication, than to speak of a nostrum, that now appears the best



best barrier against a formidable disease.

But to proceed, amidst the toils and perplexities of our learned Physicians, in pursuit of a remedy for the Gout, at least a better one than now in vogue, which they much want; it is manifest that this discovery has hitherto eluded their most diligent search and study.

We need no other testimony of this truth, than by looking into the bills of mortality, where we find numbers of gouty persons annually cut off by it, and not a few (I will be bold to say) under the denomination of other diseases; for the Faculty are never at a loss for a name, at the same time that they have no better knowledge of this cruel destroyer. For instance, I shall particularize a few out of the abundance who have lately fallen a real sacrifice to their ignorance in this disease: viz. Sir John Cust, Mr. Grenville, Mr. Beckford, Lord Strange, Lord Hallifax. But

But would it not be more equitable, more candid, if these learned hypothetical gentlemen would condescend to divest themselves of that prejudice, which they are apt to conceive against the less learned of the Faculty? Would it not be just to scrutinize into the merit of such specific-nostrooms, as may be proved to have had the most salutary effects, by the living testimony of fundry gentlemen, of probity, property, and learning? Those eminent practitioners, Sir Hans Sloane, Sir Edward Hulse, Dr. Mead, and Dr. Mortimer had theirs, and Dr. James now has his favourite nostrum, and yet they preserve the highest reputation for physical knowledge, though sometimes honoured, by their brethren of the Faculty, with the degrading appellation of Empiric.

It is amazing the dreadful havock the Gout makes in the present century, in this part of the world;



so much, that it is become a kind of popular disease; and as foreigners term it, an English plague.

Do we not see this disease sweep away multitudes of people, and cripple thousands in the prime of life? But we need not wonder, nor can we with justice arraign the power of medicine, but greatly censure the practice of it; and whoever will observe the increase of this tyrannic disease, for a few years past, cannot but allow, that the present practice therein is by no means adequate to the growing evil.

Another reason may also be assigned: We find it propagated, and with no small industry, that the Gout is a salutary disease, a remedy, and the herald of long life; when on the contrary, it is absolutely the source of many fatal diseases. But, if it be really salutary, are not many other diseases so too, which admit of relief and a happy catastrophe by medicine?

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And,

And, if medicine will prevent the Gout from ascending to an higher degree of inflammation, secure the whole viscera from attacks, render an obstinate, tedious, and painful fit short, and carry off the gouty humour; is not such a method much more laudable in practice, than to leave the unhappy patient tortured by the Gout in the head, lungs, stomach, or intestines; not to mention nervous contractions and paralytic disorders? add to this, that it is as evidently productive of the dropsy and jaundice, as inaction is the cause of stone or gravel. To have the joints knotted and distorted, the limbs emaciated and relaxed, rendered incapable of business or recreation; and from a firm, well-braced state of nerves, to be reduced to the deplorable necessity of wheel-chairs, with every other variety of machinery for ease, are complications of misery, which would stagger the philosophy of the most rigid stoic.

Can this salutary disease (as it is called) be a blessing then, when attended



tended with such manifest pangs of wretchedness as these? allowing it to be the avenue which leads to old age, even the plague itself, though insatiable as the grave, (as it puts an end to our misery by a speedy dissolution) is obviously more eligible than this frightful monster, which, by gradually sapping the foundation, kills us with a lingering death; and, like Prometheus's vulture, gnaws us into fresh torment,

I leave every Arthritic to determine, whether it is safer to abide by this salutary disease or remedy, with its dismal train of concomitant evils, or attempt its relief, by a medicine easy in its operation, and safe in its effects, which I offer to the world.

What I have said of this darling distemper, I hope will be considered with a favourable eye, and not be unacceptable to the afflicted Arthritic. Therefore, as providence enables me to relieve this dreadful Hydra, and  
give

give joy to those that take my medicine, I have plea enough for expatiating thus upon it, by which mankind may know where to have a remedy apparently good. And whoever points out the means of preserving that inestimable jewel, health, should undoubtedly be understood and considered as a friend to mankind; and if partiality, bigotry, and malice be suspended, I shall make it appear to be the best and safest remedy yet discovered.

*George-street, York  
Buildings, 1771.*

R. D R A K E.



A faithful Narrative of the present practice in this opprobrious disease the Gout, very proper to be known by every Arthritick.

THE end I propose in publishing this essay is, to lay before the candid and impartial reader, a plain, succinct history of the conduct of our sage physicians, in this their darling distemper, which they are pleased to term “a friend to long life,” though the scandal of physic, but the Diana by which they accumulate great wealth : and at the same time to take notice of the very great probability there is of a specific medicine for it, equally as efficacious and effectual in the Gout, as the Peruvian bark is in intermittents.

It is a truth too obvious, that our physical gentry have not advanced one step towards this lucky discovery; and since the days of Hippocrates have been blundering on, in their old beaten road and track, in ignorance and bare-faced error.

Every sensible impartial man, who has a grain of humanity and charity, will coincide, that, if our learned physicians understandings are so cramp'd and defective, that they know of no better method in treating this disease than what is now in vogue, and which they are absolutely beholden to their predecessors for, it is altogether insignificant and ridiculously trifling away our time, in vain hopes and expectations to get relief, in seeking for such assistance in this malady; and for this reason, because what these gentlemen usually at the best do direct for it are *contemptible medicines*, perhaps to patch up for the present, and will never preserve but do mischief, by adding fuel  
to



to the fire, rendering the disease much more tedious, obstinate, and inveterate.

Many thousands, I dare engage, and may justly affirm, have woefully found to their sorrow this assertion a truth indisputable, in the great abundance of valuable people perpetually cut off by it; besides this, an infinite number reduced to great misery and distress, most likely for their whole lives, by the loss of their precious limbs; all which might very easily have been prevented.

This should caution men whom they credit and confide in, from the *medicinæ doctor*, to the *poor rogue quack*, and not too eagerly and hastily pin their faith upon every puffing report, which is principally calculated to flatter and deceive, unless the author assigns a wise and plausible reason for his conduct, and produces evidence of good effects, such as are uncontrovertable, not supported or recommended by frothy pamphleteering.

But

But so long as prejudice, pride, and avarice are the predominant passions in the breasts of our celebrated and most humane physicians, so long will these meritorious gentlemen continue in darkness and ignorance, both in the cause of this disease, and in the method to cure it, which is to say, as other disorders are properly said to be cured; and why, because they wilfully oppose every good medicine, be it ever so feasible, ever so praise-worthy, unless it has the sanction and seal of their celebrated college.

Such are the unhappy effects of venal passions, to depreciate and declaim against every fortunate discovery, every valuable remedy, which clash with their sordid interest and emolument.

What I have to offer my brother Arthritic is, a rational and effectual medicine, that will greatly advance his happiness in this life, in this painful malady, and will never deceive him, but keep up his spirits. This discovery receives its birth, not from  
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an impostor, empiric, or subtile pretender to an infallible eradivative remedy, agreeable to our present time of miracles, but from an honest, diligent practitioner in physic, regularly initiated into the science; of credit and reputation, and one who conscientiously recommends it to mankind, for an easy, happy way, to set bounds and limits to the disorder.

This good medicine I owe my life to, and by great industry with close application have brought to that pleasing perfection, not to flatter the great and wise, or deceive the poor and ignorant; indeed not to deceive myself, having an hereditary title, *inherent in my constitution*, but not produced by the *accumulation of indigested, unsubdued acrimony, and superfluity*, but from a parental cause, which has been very fatal to the family; and at stated times, although I pursue a life of strict temperance and exercise, I am still subject to its dire influence once or twice a year in short paroxysms. \*

\* M. D. in his treatise declares the Gout is no hereditary disease, but altogether acquired, by the daily

Although the evil spirit of quackery is gone forth, which has possessed all orders of men among us, and doubtless may affect some of our bright geniuses in the medical science, their lucrative ideas and expectations, yet this concerns not me. I will not flatter the Arthritic, in assuring him of the infallible, eradicated cure, more especially in every appearance of this hydra-headed monster, (though some have been so fortunate to get it); nor will I obtrude profitable impositions on the credulous; having hitherto observed the golden rule, I shall administer the medicine to

accumulation of indigested unsubdued acrimony, and superfluity in high living, not inherent in our constitution. This is a refined compliment on our pretty ladies; but observation and experience evince the contrary: for we frequently find that puberty is not exempted, that even infants of gouty parents are Podagricks, and this in many instances. Here, our author's superiority of genius will not screen him, or render his story authentic; for it appears that abundance of both sexes are subject to it, and also to a great degree of inflammation, who had strictly conformed to his necessary rules, *temperance, exercise, and mental composure.*



to such only, wherein my judgment faithfully assures me of success.

On the least appearance of the approaching fit, (which usually is a shivering coldness like an ague,) I do not hesitate, or give the enemy time to collect more force and strength, but fly immediately to my potent, praise-worthy artillery, (which is always adapted to the patient's case and constitution,) and repeat it every night; and this, so long as it produces a mild, comfortable, breathing sweat; which by five or six doses discharges the morbid cause, by those salubrious tubes the cutaneous pores, and the urinary ducts. By this pleasing method, the disease is constantly prevented seizing the head, stomach, lungs, or intestines; the paroxysms rendered considerably shorter and less painful, as also the inflammation; the fits regular, and the intervals of ease of a joyous length.

These happy effects I have long experienced, and by their means attained to a state of a lively longevity; besides, I  
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am qualified (by divine permission) to dispense the like happiness to many afflicted arthritic captives.

This medicine is excellently adapted, for it strikes the disease so powerfully, that it quickly puts it to a precipitate retreat; and this agreeable to the wise law of nature, whose choice it is to help herself, by sweat and urine, as often as Arthritic impurities prevail.

Having premised thus much, I now take the liberty to illustrate the cause of this painful malady, and the great utility of sweating-medicines, as the best and surest way to carry off superfluous humours, which give birth to this formidable, torturing distemper.

The Gout is a long contracted habit, or morbid state, and is formed by a collection of humours, that prove injurious to the viscera. This redundancy of humours is, by the law of nature, forced upon the joints of the body, and then terminates in what is called a regular fit.

Every



Every fit of the Gout is nature's favour, (though a bitter one) to the patient, whereby she critically eases herself of those peccant humours, which if retained would be injurious to the body; but as she can throw them no farther off than to the joints, where having no vent, they there display there tyranny after a manner the patient can best tell: Now whatever medicine will incorporate with, and destroy, in a friendly way, the acrimony of those humours so pent in, must necessarily assuage their raging impetuosity; and if properly evacuated by sweat and urine, as the wise law of nature decrees, cannot fail bringing that fit to a speedy period; which is yet no more than helping nature to do that, which of herself she is not able to perform, either so surely or so quickly.

For easing the pains of the Gout, what I can trust to, and the patient may depend upon, is this, that whether the Gout be inveterate or not, this medicine which I recommend, and which I have for many years profitably experienced to my very great comfort, will certainly mi-  
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tigate the pain, and remove the fits, and do the same over and over again whenever they return, with this consolation, that by the change it every time makes on the blood and other juices, the succeeding fits grow still less and less, as well as return seldomer, and the pains dwindle away without the least detriment to the constitution. \* But farther, if instead of a fit, or series of fits, that hold the patient for two or three months in pain, he should be cured of his pain in six or eight days, I think he will have great reason to thank God, for so great and so valuable a blessing, and embrace it with joy. For this reason alone, if it could do nothing more, I think it an admirable remedy, and what justly deserves the appellation of a specific in the Gout. ‡

Hence

\* I believe from my own experience, that the pains of the gout are as great as human nature can well bear; and yet this is called a relief or remedy against much greater evils. God has placed in nature a remedy for the gout, and as there is a remedy, it becomes our duty as well as interest to make use of it.

‡ The Cortex takes off the fit of an ague; and, if duly repeated, it wholly cures the patient; but this



Hence is seen the utility of the Gout, that every fit is produced from the critical exclusion of the morbid particles from the mass of blood, and their separation by the mucilaginous glands; so we may easily apprehend how the paroxysms of it may be, as they are commonly esteemed, a preservation of the patient's life, and a security against violent fevers, and other more fatal distempers; as they depurate the mass of blood from those feculencies, which, if nature had not this ready and easy way to cast them out of the sanguineous mass, would produce such a disorder, and excite such a violent fermentation as make a fever. \*

When we reflect on the kind design and the benefit which accrues from this whole-

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this does not secure him for the future; if he gets an ague again, he must again take the Cortex, and it will cure him as before: The same I assert of my medicine in the gout; and therefore if one be a specific, pray why not the other?

\* Experience is the best guide: I assure Arthritics, that the appearance of a rash or cuticular eruption in the fit is a salutary symptom, being nature's law and method to relieve herself, and requires little art to keep



some severity of nature, nothing will appear to us more visibly pernicious and destructive to health, than such methods and medicines as are now in practice, that by hindering the crisis, keep the noxious matter mixt with the mass of blood, and lock up the enemy within the very seat of life; this is too frequently the case to the destruction of many Arthritics. It is this consideration, together with the infinite dissensions and fluctuating uncertainties of physicians in this distemper, both as to the causes and the method of curing it, which have rendered it so fatal, and deterred many men of sense from the use of proper experienced medicines in this cruel distemper, and made them conclude that the best remedy for it was flannel and patience.\*

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keep it out. This is done by such medicines as promote sweat, supporting the natural heat without inflammation. Happy would it be for such so afflicted, if so treated. But nothing can be more pernicious than to force sweats by heating medicines, which are now too much in vogue.

\* Whoever is but slightly acquainted with the writings of physicians, cannot but have observed their confusion and disagreement in this disease, which is too often the parent of the dropfy and jaundice, diseases if recent very easily cured,

I cannot blame any for being cautious, but yet I would have them use their reason, and believe their eyes. Where find we a medicine like this I direct, so successful as to carry off a fit in six or eight days time? The greatest part of those that have taken it, live either in or near this great city: the truth must soon be discovered, if men will but give themselves the trouble of enquiring.

My medicine never prevents, but visibly forwards the salubrious crisis, and far from stopping up the offending particles, promotes their separation from the mass of blood, and brings about their expulsion, after a more safe, a more easy, and more expeditious way, than unassisted nature is able to perform it.

That the Gout prevents fatal distempers in those that are subject to it, is not because it pains; but because the blood of those people has an aptitude of separating from its mass the noxious particles that enter it, and which cause that misery.

Then

Then who would not, to compass ease and rest, prefer a harmless medicine to a tormenting disease? Besides that, whatever some people may imagine, the Gout does not preserve the patient with half the certainty, whilst his youth and vigour remain, that it kills him with when his strength is gone. But suppose the Gout could prolong life, equally as well as the medicine, are not ease and a sound body, to be had on the same terms, preferable to misery and decrepid limbs? But, I cannot expect, I will not flatter myself, that those great enemies to truth, our splendent physicians, and judicious apothecaries, will ever countenance a remedy for the Gout, a nostrum, that makes so greatly against their lucrative practice, their favourite Ephesian goddess, but will oppose it with all their malice and accustomed prejudice; and why, because I will not take the bread out of my own mouth and give it them, i. e. discover the composition.

Nothing is a greater enemy to repose than pain when it is exquisite (as it will be in regular fits) as many know too well

to



to their sorrow, keeping people awake for several nights and days together ; and as the pain ceases when the cause is removed, so it is not difficult to conceive, how a long-wish'd-for ease is desired, which takes place, as soon as the medicine begins to affect the rigid and excruciating particles in the joints, and evacuates them by sweat and urine ; therefore so soon as this commences the patient is cast into sweet sleeps, which pain had till then prevented.

This pleasing scene of sweet repose has likewise been construed with great virulency to the disadvantage of my remedy : it has been suggested, because it procures rest, it must needs be an opiate. If men would use their reason, and compare the effects of opium to those of my medicine, they might palpably discover their mistake. Opium, which benumbs the senses, keeps off the pains no longer than the stupifying quality of it lasts ; but when that is worn off, they return with greater violence, and the gouty matter, after the use of it, is more obstinately fixed than before. The medicine  
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on the contrary gives no ease but what is caused by perspiration and breathing sweats; and this continues more or less, until the offending particles that made the fit are totally conquered and expelled. \*

I am well assured, that on a candid examination, few or no objections can be raised against my remedy; but when people are whimsical they may be multiplied: yet one would think that men in pain, especially such as have experienced its salubrious effects, will overlook trifles, unless their physician stands at their elbow.

Indeed from that learned class I expect no favour, yet frankly declare, if any of those gentlemen will make it appear that, my

\* All mankind are fond of ease, all pursue it; therefore 'tis no wonder we submit to the directions of our wise physician, pin our faith upon his sleeve, and part with a portion of our sensibility by this drowsy drug Opium to attain it: So by a cold poison, we suppress our sense of feeling, by congealing the nervous fluids, which give us that sense. Now our feeling being removed, is not removing the gouty matter which causes the pain, but it is taking ourselves away from the gout, not putting away the gout from ourselves.



my medicine is the cause of additional misery and distress, I will freely give it up without fee or reward.

But prejudices in some people are unconquerable, though they suffer by them. How often do we hear that this or that great man, so useful in his station as not to be spared the time of the Gout's imprisonment, has been severely laid up and punished by it for months together? I confess that I have often fretted to hear that such necessary men should, upon such trifling grounds, refuse to have ease, which I could procure them in a short space of time, with much more safety and advantage to their health and limbs, than wait the leisure of unassisted nature; and I cannot without the utmost concern reflect, on the loss that has, and yet may be sustained, from the want of a medicine, that now appears the best barrier against this formidable disease. \*

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How

\* The Gout seldom proves mortal, but when the matter is translated and fixed upon some noble part, or nature is tired out, and become so languid that she cannot rise up against her enemy with that vigour as to drive it to the extreme parts.



How great soever a benefit to nature the Gout may be, it is certain that one day's pain weakens and hurts the ligaments and nerves of the joints, and wears out the body's strength, more than many days ease will recover.

Timorous people require a good deal of argument to persuade them to make trial of this Nostrum, though ever so well recommended; because weak enough to be imposed upon, and believe every idle, trifling story, propagated by some prattling, selfish, mercenary, perhaps Medical-medicine-monger; therefore it is no wonder, that obstacles without end are laid in its way; yet, notwithstanding all opposition, it maintains its due reputation, surmounts and baffles all its opponents, upon a candid and impartial disquisition.

I think that forty years successful practice in this disease, must qualify and entitle me to some knowledge of it; and this in a larger degree than commonly met with in the science of physic: and,  
I will

I will venture to assert, nay, pawn my life, that not one in a thousand will be disappointed by it.

But for all this, so fallacious are some men, so tyrannically haughty and vindictive, as to depreciate every medicine for this disorder, be it ever so commendable, ever so consonant to the law of nature, and precepts of sound reason. *Omnes declinaverunt, simul inutiles facti sunt, non est qui faciat bonum, non est usque ad unum. Sepulchrum patens est guttur eorum, linguis suis doloſe agebant, venenum aspidum sub labiis eorum. Quorum os maledictione et amaritudine plenum est, veloces pedes eorum ad effundendum sanguinem; non est timor Dei ante oculos eorum.*

It is not unlikely that this discourse may give offence, but as the subject is of the utmost moment and concern to the welfare of mankind, no less than the preservation of life and limbs; it therefore requires me to be extremely explanatory and exact in my narrative, although I should be so unfortunate as to incur the

high and mighty displeasure and censure of the enraged physical gentry. I shall nevertheless persevere in my scheme, though the consequence appear tremendous: indeed if for speaking the truth I should be too hard pressed, I have this satisfaction, that I can make a safe retreat.

It is a most melancholy reflection, that our learned physicians will so obstinately and perversely oppose, in this distressing dangerous disease, (the Gout) a practice which they much want; and interfere in a malady which they have long ago confessed they knew not how to treat with reputation: it may therefore with great propriety be demanded of them, Can this behaviour of theirs proceed from the peculiar esteem and regard they have to the service and preservation of mankind; or not rather from downright pride, avarice, and lucrative views? They rail at that method which nature directs in her wise operation, sweat, in every attack of this painful disease, so justly called "the scandal of physic;" a distemper which baffles their most diligent investigation.

As



As our celebrated physicians have openly declared their deficiency in the knowledge of this intricate disorder, and incapacity of treating it better than by such medicines as are now in vogue, and what their predecessors used, which they still find of fatal consequence; therefore this modest question may be asked them, Why they persist in this wrong method, acting so notoriously against the light of reason, and the nature of the disease, which appears relieved, and that almost instantaneously, by perspiration and breathing sweats? In a degree proportionate to these is the remission of pain: the more copious the discharge, the sooner the fit is brought to its proper crisis.

This is the method indicated and pointed out by nature herself towards effecting a cure; and physicians must labour in vain, unless they take nature for their guide.

Now such medicines as are wholly diaphoretic, and which assist nature in  
her

her attempts to discharge the morbid matter by sweat, must be right; therefore it must be prudent to follow where nature guides us; safe and unerring to proceed where she kindly leads and points out the way. But this salutary end can never be attained by large doses of *capsicum indicum*, *camphora*, *gum guaiacum*, *zinziber*, *pulvis aromaticus*, *opium*, or mineral compositions. These are the medicines, along with the *cortex* and *confectio cardiaca*, by which our wise physicians expect to cure this formidable disease: but if these medicines fail, along with repeated *cathartics* and *phlebotomy*, (as I am sure they will) the deluded patient is next sent to Bath, and often falls a prey to other diseases concomitant; which but for the Gout the patient had been unacquainted with. But there are none so blind as those who wilfully shut their eyes. \*

With

\* Many physicians make more haste than good speed; prescribe medicines when it would be much better to do nothing at all: they think to force a crisis when they please, by boldly administering  
strong



With regard to sweating, what objection can the physical gentry have to this salubrious evacuation, when it is observed in almost all disorders, that this is the discharge unassisted nature seems most inclined to procure? which so quickly relieves most of the distempers mankind are subject to, discharging the morbid cause of its oppression by a million of outlets through the cutaneous pores. Are not perspiration and sweating the most likely, as indeed they are the most usual methods of nature, to relieve the Gout? And must it not be rather

strong and powerful medicines; whereas it may be, the greatest benefit is to be done by the most simple, easy, and gentle means; or perhaps by leaving it entirely to the management of nature. Many instances might be alledged to shew what vast advantages have accrued by a strict attendance to the demands of nature, without pouring in a load of physic. Nature is often conquered by obeying and humouring her; for by diligent watching and observing the ways and means she uses to free herself from the disease, and then joining with her in the same undertaking when she needs our assistance, we compleat the cure, which otherwise might have been very uncertain,

ther from accident than constitutional choice, that nature ever uses any other means ? Sweating is nature's surest method of expelling diseases, which whenever defective, soon amounts to a fit of sickness ; and this is the reason why in hot climates people no sooner find the disposition to sweating cease, than they find the disposition to health cease along with it.

The great Author of our being, never intended mankind to die of, or indeed to be afflicted with, this disorder which now proves so fatal ; but it is entailed upon us for the depravity of our appetites, the consequence of luxury and intemperance. Nevertheless Providence does not desert us, for he bleffes us with the means of preservation, if we will but rightly seek for it : such wonderful medicines are found out in the vegetable kingdom, subservient to that end, as are capable of curing the Gout as well as other disorders incident to human nature. \*

But

\* I am positive the *materia medica* is silent with regard to a medicine so efficacious in the dropsey as that



But if through prevailing obstinacy and prejudice on the one hand, and chicanery on the other, these happy discoveries are slighted and neglected, we need not wonder that multitudes of people fall immaturely martyrs to the Gout, who by prudent management, and proper medicines, might long have flourished useful members to their country. But the grave covers all faults.

----*Si populus vult decipi, decipiatur.*----

Since physicians must plainly see the fatal effects of this method of theirs, so

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that I administer. The common method in vogue, is Jalap and syrup of Buckthorn, a very acrimonious and rough purgative, and, which often is inflammatory. But what I give, works pleasantly and expeditiously, by stool and urine, and thereby copiously discharges the watery humours. It creates no inflammation, nor draws the bowels into spasmodic contractions; but is taken with as much safety, by all constitutions, as a dose of manna. By this medicine, (which is founded on a competent number of cures) both young and old have been restored to established health; and since it has never deceived me, but constantly answered the purpose, I, with great justice, pronounce it a real specific, and assert, that it will, in most cases, answer the end of tapping.

highly different, so greatly contrary to the laudable purpose of assisting nature in her choice by breathing sweats; their want of knowledge, is no argument that such a remedy can never be found out, unless he that discovers it *first take his degree at the university.*

It is certain, there is no one so low or mean in abilities or circumstances, but may, either by accident or necessity, discover something for the good of mankind, that was hid from the wise, and learned; and we often find the most unpolished bring to light, what the learned had laboured at in vain. \*

The knowledge of physick, or the cure of diseases, has always, and with good reason, been numbered among the learned arts, and the professors of it allowed the denomination of learned men. But since the endowments procured by study are  
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\* I shall always think myself obliged to physicians for every observation they furnish me with, but I will not so much as thank them for a Thousand of their Conjectures.



not to be valued for themselves, but only as they have a relative goodness, in being a subservient means to promote the benefit and felicity of mankind; and since a considerable part of (what physicians call) learning in their profession, is very little, or not at all conducive to the improvement of the art; it is so far to be treated as an useless and insignificant attainment, unless practice be joined with it: For the historical knowledge of diseases only, without the curative, is weak and imperfect; but when added to experience, it establishes reputation upon the evidence of a number of cures.

The great Dr. Radcliffe, who was for many years in high fame, used to say, it was not the reading of books, but judgment, sense, and experience in practice, that qualified a physician.

As most other diseases are pretty well accounted for, and this, in particular, has been buried in obscurity for upwards of two thousand years; had some eminent physician wholly confined his study to

this, I dare engage he had found employment enough, and the cure had perhaps been long ago discovered.

To this method I owe my success, making this disease my favourite study and amusement; and every curious discovery arising from some minute circumstance, has proved an happy, though fortuitous beginning.

The circulation of the blood was a noble discovery. But for the uncommon diligence of Harvey, probably that might have continued in darkness for ages yet to come; yet when once it was thoroughly established, the thing appeared so visible and plain, that every one was surprized he himself was not the first author thereof. And who will presume to say, but that a specific remedy, as effectual in the Gout as the cortex is in fevers, may lie as obvious and visible in nature, as the circulation of the blood did before its discovery, and only wait some fortunate moment to lay open the secret for the benefit of those that suffer under its tyranny.

But

But what says Sydenham, in his treatise on the Gout, with which he himself was greatly afflicted, and which by a state of inaction, occasioned by this disease (the parent of the stone) brought him to his end. "Though after long consideration (says he) "I cannot help thinking that "such a remedy will be found out here- "after; and if ever this should happen, "it will betray the ignorance of the "Theorists, and clearly shew how noto- "riously they are mistaken in the know- "ledge of the causes of diseases, and in "the medicines they give to cure them. "We have a plain proof of this in the "Peruvian bark, the best specific in in- "termittents."

This declaration of our English Hip- pocrates carries some weight with it, and should teach men, not only to have faith, but to be candid in their enquiries, and diligent in their professions; should teach them likewise to animate others to those virtues, and not partially condemn every novel practice or method, but to give all fitting



fitting encouragement to the inventors, which would, indeed, reflect honour on the faculty.

This modest opinion I should think is sufficient to silence the snarling medical gentry, enemies to the specific remedy I recommend. How many ages have the wits of the most diligent men been exercised in finding out the cause of the Gout, wherein every one adapted a practice best agreeing to the theory he had framed! but how those ways have succeeded, is too manifest in the multitudes that fall immaturely martyrs to this painful distemper.

It will be proper to acquaint Arthritics, that the composition of this valuable, praise-worthy, and great ease-giving medicine, consists of flowers, herbs, roots, and seeds; a very large collection, and as numerous as any medicine which the dispensatory directs. These are divided into six classes, namely, the Alexipharmic, Cephalic, Stomachic, Sudorific, Diuretic, and Carminative, prepared and

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compounded agreeable to the science of medicine, which by its cordial nature, diffuses a pleasing warmth through the solids and fluids, dissolves the principles of the disease, removes all obstructions, and plentifully evacuates the peccant humours by sweat and urine.

It is an acceptable medicine to take, and so far from being nauseous or disagreeable to the stomach, it pleasingly warms it, strengthens, defends and frees it from all gouty invasions, excites an appetite, helps digestion, and establishes a much better and more lasting state of health, than any other medicine yet discovered. These qualities, this medicine is endued with. Beside what I have said of it, it corroborates the bowels, comforts and strengthens both brain and nerves, corrects, tempers, and sweetens all undue sharpnesses of the blood, preserves its texture, and invigorates it when languid; as it assists nature in every necessary secretion, so it constantly keeps the Gout regular, the fits few and short.

*Directions*

*Directions given with the medicine.*

UPON the least appearance of a gouty fit, take, at the usual hour of rest, a pill and draught, shaking the bottle, washing it out with a little wine, which drink after it, that the powder in the bottle be not lost. An hour after, drink, as the stomach will bear it, about a pint of warm Madeira wine whey, or that which is much preferable, rum or brandy punch, and encourage sweating: repeat the pill and draught in like manner, every night during the fit, and as often as gouty sensations arise. \* When costive, take as much

\* How extremely preposterous and whimsical in our medical-gentry, is their debarring the thirsty Arthritic the total relish of that most grateful, most comfortable fluid, punch? and their so strenuously opposing it upon so feeble a plea as that of its being an acid, at the same time that they so plentifully indulge their patients with acids in fevers? This cannot be altogether ignorance, but selfish obstinacy; for well they know, that a vegetable acid produces no materials for this disease, but is of itself an excellent Sudorific. Until such time as these adepts in physic recant their errors, and assign a more rational and



much lenitive electuary, or a solution of manna as will cause a stool; but if lax, a cup of red wine mull'd with mace and cinnamon, at any time of the day: never exceed two motions in twenty-four hours. Perspiration is most agreeable to nature in this disease, and never fails relieving; which is supported by wine-whey, small rum or brandy punch, or other thin fluids, warm. Spicey and salt foods, restringent wines and opiates, are highly pernicious. Madeira wine is preferable to all others, as not abounding with tartar: if that which is genuine cannot be had, substitute in its stead mountain or raisin wine. It is an established rule, and happy prognosis, that as soon as this medicine ceases to sweat the patient, and the urine appears with a sediment in it of a gravelly substance, the fit is near a conclusion. It is then proper to omit the medicine for a night or two; but when the urine becomes of a citron or straw-colour, leave

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convincing reason for their singular but shuffling prohibition of it, I shall continue affirming it to be the most salubrious liquor, for all such as are subject to this painful malady.

it entirely off; carefully avoiding damp air, north and east winds, or any means that hinder perspiration, for three or four days after. This medicine is so contrived that it will keep its goodness many years, but a temperate heat is best.

The best cordial fluids are those that have the least tartar in them, as Madeira or raisin wine; small rum or brandy punch; mild, middling soft ale, about six months old, four bushels to the hoghead. These with moderation, may be used with great safety: if an acid disagree, the patient may substitute in its stead the jelly of currants. It is requisite during the fever, to dilute plentifully with warm, soft liquors; such as old small beer, with a little wine in it; water boiled with mace, made cordial with a little rum or brandy; green or sage tea, thin water gruel, or barley water, with a little wine; small chicken broth, or wine whey to keep up perspiration. Liquors, during the fit, may be more freely indulged than solid food, and are always to be so regulated, that they sit easy on the stomach, not rendering the patient



patient more hot or restless than the Gout itself would do ; for whatever causes sickness, must of course draw in the gouty humour ; but if it produce an agreeable warmth, and do not inflame, it will procure perspiration and rest. The diet must be easy of digestion ; what sits easiest and lightest on the stomach, gives no oppression, heaviness, heat or feverishness, while it is digesting ; such as sago or panada, with a little wine in it ; jellies, broths of chicken, veal, lamb or mutton, with a little white bread in it ; also milk pottage, sago milk, thin chocolate, or barley gruel ; with various other articles of a like nature and property, in which the patient may indulge, as often as he perceives his stomach can agreeably bear them. All salt and pickled meats, and foods of abundant nourishment, must carefully be avoided ; little or no flesh-meat during the fit is best ; but if the patient cannot be supported without flesh, let it be of that kind of the white animal food, that is young and tender, rather boiled than roasted ; without any improvement, saving that of plain melted butter.



butter. Also let him eat as moderately as possible, for over-much feeding nourishes the disease, and prolongs the fit. The drink should be either barley water milk warm, toast and water, wine and water, small beer with a toast, or small punch; if the spirits require it, and digestion is bad, a glass or two of Madeira wine, or white port may be taken. In case, the body is costive, opening food should be made choice of; if lax, the contrary: and if a stool is not procured regularly once a day, a glyster must be given, of broth, with anise and carraway seeds boil'd in it; or some opening electuary, as of lenitive electuary the quantity of a large nutmeg for a dose, which will cleanse the intestines of preternatural flatulencies, &c.

The urine, which in the first appearance of the fit, (if the Gout be regular) is of an inflammatory aspect, will, after the taking three or four doses of my medicine, deposit a sediment of a gravelly substance; which is a salutary sign, that the fit is near a conclusion. Moreover  
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the afflicted part which gradually tumifies and looks fiery and red, manifests the humour is digesting, and the fury of the fit almost spent. When the inflammatory particles productive of the Gout are, by the power of nature and medicine, so far subdued and evacuated by sweat and urine, then the disease may properly be said to be in its declension. In which space of time, the part afflicted, which in the state of the paroxysm appeared excessively red, assumes a more pale or natural aspect; though it continues much tumified and pasty, with weakness and stiffness in the joint, and perhaps but little or no pain, unless excited by pressure or motion. In this pleasing scene (for so it may justly be called, in respect to the preceding misery of the fit) there is no danger of a relapse, provided temperance, along with medicine, is attentively observed. And indeed it is requisite, cautiously to regard that method, otherwise the disease may return with fresh force and vigour, and form another fit. When the part affected is so little painful, as to permit gentle friction, I would recommend

mend the use of the flesh-brush. Indeed it is proper frequently to use it, in assisting the recovery of the imbecillitated parts, which the severity and continuance of the late pains have much weakened. Therefore let the patient be well rubb'd with it every night and morning ; by which an open and free perspiration will be obtained. Besides, the flesh-brush cleanses the skin of that natural scurf, that hinders a free perspiration. Friction invites the humours to the skin, and possibly may prevent their falling on the joints again. Farther, the bathing the parts with an hot decoction of bran, with camomile flowers, at bed-time, will surprisngly dislodge the arthritic remnant of impurities from the joints on which they are deposited, and strengthen them. This to be done as often as the patient pleases.

There is another thing to be observed, which though it may seem trifling, yet is of great consequence to Arthritics, and that is going to bed early, especially in the winter. Nothing impairs the strength  
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more than sitting up late at nights, which every Valetudinarian can affirm, from his own experience. Though there may seem to be no difference betwixt going to bed earlier or later, provided a person lies in bed the same number of hours; yet there is, and I conceive, for this reason principally, that in the day the spirits are dissipated, either by exercise of the body or mind, which are weak in sickly persons, so that they require the assistance of sleep earlier in the evening. As the approach of night occasions a kind of relaxation of the nerves, the tone of which was kept up in the day, by the heat of the sun, the warmth of the bed becomes more necessary, to supply the place of the sun, especially in the winter season. For this reason, I advise such as are subject to the Gout to go early to bed, and to rise betimes in the morning; tho' their having had less sleep than usual may incline them to lie longer, in order to make it up. But the sleep which is got in the morning, will rob them of as much the next night; and thus at length by doing violence to nature, and despising

ing its wise dictates, the night may be preposterously turned into day, and the day into night. Eight hours rest, I think, is sufficient for any person, and nothing can be more prejudicial to tender constitutions, than lying long in bed in a morning, as it causes an heaviness and want of appetite; but by rising early a brisk flow of spirits, chearfulness, good stomach, and an entire dissipation of the vapours will ensue.

It certainly is the duty of every man to promote the happiness of his fellow-creatures, as far as comes within his power. To propagate useful knowledge, to cultivate a particular art or science, to clear up a doubt or difficulty in it, or to communicate the least improvement, are instances of a noble and benevolent mind, whose endeavours merit the attention and regard of the public. To commiserate and relieve any infirmity which mankind is subject to, is an imitation of the Supreme Being, and cannot fail of a permanent reward hereafter. But such are the effects of medical prejudice arising from

from sordid views, which were never more glaring than at present, that even demonstration will not prevail against them. Medical prejudice is a sort of bigotry as destructive of bodies, as some religious ones are of souls; and perhaps the English are the greatest dupes in the world to medical fraud and imposition. \*

Of late we have been most singularly duped and cajoled by an ignorant foreigner, a new medical, crafty, Flemish impostor; by which we stand a fair chance to become the laughing-stock and ridicule of mankind. For the Liege professor with  
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\* But the practice of physic is become too much a trade, a sullen grimace, or an artful address; with an unintelligible way of talking suited to the common vogue, which often supplies the place of true merit. As few are judges of the science, 'tis an easy matter by such a behaviour to gain the character of a physician; but nothing requires more skill and labour than justly to deserve it.

To the honour of the faculty, I wish there were no grounds for saying, that the address and lucrative part are much more studied than the improvement of the art.



his mineral powder, conducts his lucrative scheme with such dexterity, cunning, and delusive parade, as to leave few profitable arthritic patients for our learned and humane physicians. This is truly alarming, that credit should so readily be given to such a stripling in physic, and one we know so little of, who had the confidence to assert, (and thereby deceive) he would eradicate, and totally annihilate this herculean disease, (the Gout) in eighteen or twenty months time, which from the days of Hippocrates has baffled all human means. But the death of the marquis of Granby, lady Teynham, Mr. Brackinburg, Mrs. Hunt, with many others, may timely clear our optics, and give a check to his career. Now the mask being removed, it appears how the people (by this Merry-andrew) have been imposed upon, perhaps as grossly as some years since by the bottle-conjurer: for out of sixty patients (at an hundred guineas each) under his care in this metropolis, we do not find that one of them has received that pleasing benefit this sharper so vigorously and positively affirmed they should.

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The Rev. Mr. Marshall, vicar of Charing in Kent, that learned advocate and praise-worthy divine, humanely introduced this physical babbler, for which this ungrateful censorious age maliciously proclaims him Le Fevre's puff; the bitter effect of medical pride and prejudice. But we hope, that by next winter, this ingenious worthy gentleman will oblige the public in a clearer manner, with the authentic goodness of this wonderful medicine; likewise of the author, who appears incapable of assigning a demonstrative physical reason in support of a lucrative practice. Had Mr. Marshall printed the names of all Le Fevre's patients acquired among us, I think he had merited much more the public's esteem; rather than pick'd and cull'd out a few cases to grace and swell a pamphlet. I shall take the liberty to speak of the few he has so kindly given us, and of some of those he has thought proper to omit.

The first is the Rev. Mr. Worsley, who frankly declares, he sincerely wishes he had never seen either the doctor or his powders;



powders ; that he never suffered so much before as since, though he had observed the strictest regularity. Sir Charles Saunders, Mr. Sutton, Mr. Lake, Mr. Chaigneau, Mr. Darley, Mr. Offley, General Gray, Governor Elletson, Mr. Webber, and Mr. Jennings ; by Mr. Marshall's account it appears that all these are still subject to frequent painful fits. But how happens it, that no notice is taken of the doctor's principal and great benefactor, Sir Lawrence Dundas ? who so generously advanced a large sum, to equip and bring over this hungry Frenchman ; beside which, who charitably treated the indigent, that could not advance the exorbitant fee of one hundred guineas.

And again, Sir Charles Sidley, Mr. Constable, Mr. Eyre, Lord Chief Justice De Grey, Mr. Sprig, Mr. Moreland, Mr. Hibbert, Mr. Cuthbert, Lord Clifford, Mr. Alexander, Mr. Hobhouse, Mr. Henshaw, and Mr. Chauvet. These indeed, I suppose, Mr. Marshall had wrote to, but some of them, from a reserve and timidity of no very libe-

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ral complexion, enjoined him absolute silence with regard to their cases, and others returned no answer whatever to his letter. Now, what can be said in vindication of the refusal of these gentlemen? I answer, they are most egregiously insulted and affronted, and this in a palpable imposition by a madman or a fool; who has the impudence to laugh in his sleeve at their easy credulity. Upon the whole, these honourable gentlemen, that refuse their cases, plainly discover the imposition, and will not blemish their reputations at the expence of truth, in order to aggrandize the popularity of a man, who perhaps is not intitled to a grain of merit.

Dame nature will undoubtedly do much, and with temperance in food and fluids perform miracles; but in England to preach up this doctrine of temperance, when all parts of the globe are ransacked to furnish materials for fashionable voluptuousness, and to provoke excess, is like talking to the wind. I grant *Le Fevre's* Regimen to be well adapted, and would prevent many chronical diseases, if strictly observed,

observed, and would do by far more good, than his favourite specific, *Antimonium Diaphoreticum*. \*

To talk of moderation in eating and drinking, and to keep regular hours; rise with the lamb, and go to bed with the lark; refrain high-seasoned food, and drink no highly-fermented liquors, limited to the poor hungry wines of the Rhine and Moselle, and never to exceed a pint during the day, and this diluted with water, may agree very well with a needy foreigner's, but never with an English constitution or habit. To debar them that comfortable, chearful fluid punch, is a real penance, a mortifying restraint; but the Doctor wisely forbids an acid, as contrary to an Alkali, his medicine,

\* There are at this time in the hands of some Empiricks (if I may be allowed to call them such) medicines upon this basis, which are too much a shame to learning and education. But how can it be otherwise, when practice is calculated rather for the ease and dispatch of a great deal of business, than to cure patients? whereby cases of difficulty are not worth the cure of any but quacks, and such as venture at random.



dicine, his great and wonderful secret : and as for Ambulation, and this every day to fatigue, few, I apprehend, will pursue it, who have at command saddle-horses and carriages. Upon the whole, where temperance is strictly observed, there is little demand for medicine.

But what shall we say of Mr. Kettleby, who from a mistaken point of delicacy, refused affixing his name to this able physicians credential at Liege ; and whom we still find extremely harrassed by the Gout, his spirits sunk, and who, from a just indignation, loudly thunders against his operator\* ? which so alarmed *Le Fevre*, that, in order to stop his mouth, he offered to refund the hundred guineas his fee ; but the worthy gentleman generously rejected it, unless he complimented others, in the like situation. If six or eight months painful confinement by the Gout, along with a Diarrhæa, infirm and debilitated limbs, be the eradivative cure this artful impostor had promised ; then indeed, we have

\* Mr. Kettleby died while this pamphlet was in the press.



have more faith than wisdom, more money than wit, thus to be choused by a necessitous Frenchman, when sufficient proof might be obtained of an easy remedy, discovered by an Englishman, and which is supported by incontestible evidence, in the most dangerous cases of the Gout, to be a real specific.

When we reflect on the credulity of mankind, and the mischievous consequences arising from it, we have reason to be surprized at the weakness of the human mind. Deceived yesterday, we are liable to the same imposition to day; the prevalence of this folly, and the destructive effects of it in this disease, by such variety of pretended infallible remedies for the total eradication of it, must make men, in time, distrust every good medicine, every sincere and honest attempt to relieve it. Thus flattered and deceived by artful people, we are not only trick'd out of our money and health, but too frequently of life itself, in pursuit of a cure which reason and experience tells us, that in all cases of the Gout is impracticable.

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This great city will never be without vain pretenders to the cure of diseases, for where there is honey will also be flies; and the great number of Arthritics which our luxurious manner of living produces, intitle us to swarms of these locusts from all parts of the globe.

From what has been said on this intricate, but much disputed subject, it evidently appears, that the happy day is now arrived, when a rational practice to relieve, or to cure, this most afflictive malady, is brought to light. This specific I offer, (and which I have successfully made use of for many years) will constantly, by sweat, remove the noxious particles that bring on and compose the paroxysm, and infallibly secure the whole viscera from gouty attacks (provided the patient is no dram-drinker); all which great numbers have pleasingly, and most happily experienced.\*

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\* Having spent the most valuable part of my life in the study of physic, more especially the investigation of this intricate disease the Gout, promoting the ease and comfort of every Arthritic under my  
care;

It still continues giving invincible proofs of its unerring qualities, sufficiently satisfactory to every being whatever who is no infidel.

But the lust of gain will ever preponderate, will ever produce, men of biaſſed, prejudiced, and sordid principles to oppose it, (with a vein of false reasoning,) and for no other motive than that it clashes with their interest: and I know very well, that, if the merit of this most excellent specific medicine, should as evidently appear as the sun in its meridian lustre, so long as it brings neither profit or credit to Physicians or Apothecaries, but rather the contrary, it will be in vain for me to expect they should look on tamely and not speak

care; and now that I am advanced into years, I am therefore desirous of retiring from business, transferring the means of relieving the most miserable objects of the human race to more active capacities. I am willing to discover and assign over my medicine to the public, or to any of the faculty inclined to advance a reward proportionable to the value of—what may be termed—a firm freehold, as it is not in the power of the most inquisitive chymist to analyse its composition.



ſpeak againſt it; but where matter of fact ſpeaks, there is no need of words; and he that ſlanders againſt his conſcience ſins with a witneſs.

It only now remains that I take my leave of this important ſubject, the ſcandal of phyſic; but before I conclude this diſcourſe, it will be neceſſary to give ſome inſtructions, in order for health and long life, which, if well obſerved, I am poſitive will not directly kill or ſtarve any thing but diſtempers; and I believe that few of the voluptuous will undertake ſuch a method or regimen, till they have found all others vain and ineffectual. For as moſt diſeaſes proceed from repletion, as appears from their being cured by ſweat, ſo the Gout acquired by luxury and idleneſs, can never be ſubdued any other way, but by temperance and exerciſe along with ſweating medicines.\*

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\* Temperance is no new doctrine, but as ancient as Hippocrates, who tells us, that abſtemiouſneſs in eating and drinking is a preſervative from all diſeaſes;

When mankind loved temperance and labour, there were few or no diseases; exercise kept the juices sweet. But when luxury, intemperance, and indolence, came in fashion, diseases sprang up and multiplied; and it is past all doubt, from experience, that rich food, high sauces, and generous wines, are the source of this distemper; as they abound with salts and sulphurs in a much greater proportion than those that are soft, tender, light, and easy of digestion, affording a mild and balsamic chyle. Moderation therefore, in eating and drinking, should be a standing rule with every Arthritic; for as on the one hand eating more than the stomach can digest, so, on the other, living too low will be greatly prejudicial. As to the quality of the food, things that are of a quick digestion, such as white-meats, are to be preferred: for liquors, those either as weak as water, or strong as wine, cannot be

diseases; that nothing is more conducive to health than to eat sparingly and use exercise. Had our Physicians honesty enough to prescribe it, and were their patients wise enough to pursue it for a length of time, this disease would be less formidable,

be used, without doing violence to the stomach. The great meal of the day, I think, is sufficient to indulge in flesh-meat; the breakfast and supper ought to be as light as possible: this method to continue in the intervals, and proper sudorific medicines in the fits. Daily exercise will do great service; nothing so effectually assists digestion, strengthens the constitution, and prevents nephritic complaints and chalky concretions, as riding on horse-back. And I have known exercise only, without any assistance from medicine, to have thrown off a fit of the Gout. In case riding on horse-back should be contradicted by age or the stone, I recommend the frequent use of a coach, which may do as well: and the generality of gouty persons have no cause to complain; for their riches, which induce them to live in so luxurious a manner, as to acquire the Gout, will surely enable them to keep a coach, in which they may take the air, when they cannot ride on horse-back.

Another thing necessary to be observed is, to keep the mind serene and calm, avoiding



avoiding every thing that may ruffle or fret, keeping an equal and chearful disposition, which will greatly prevent the increase of the Gout. In order thereto, every one should wisely reflect on mortality, and not vainly think to escape the evils that are annexed to this state: and it is no small consolation, that our case is not singular, for the Gout affects the rich as well as poor. It destroys indeed, more rich and eminent men than those of low degree; which fully demonstrates the justice and impartiality of providence, who abundantly supplies those that want some of the agreeable pleasures and conveniences of life, with vigour, health, and strength, blessings most desirable, even with the attendant hardships of despised poverty; while to the rich he sends sickness as an allay. Thus it is decreed, that no man in this life shall be perfectly happy, or altogether miserable; but that he shall be partaker of both lots: and this mixture of good and ill, is no doubt very proper to make us know ourselves.

To

To conclude, whatever the captious and envious may assert, or any of those defamers without names, who wound in the dark ; or your pestle-and-mortar gentry, who have more time on their hands than business, think fit to criticize on this bold, imperfect performance ; all are welcome to point their arrows at me ; as if the Author was gone to his long home, or his faculties impaired or extinct. I am arrived to that time of life when hopes and fears have no effect ; and I thank God, that I enjoy inward peace and health with freedom of spirits ; and the compleat use of my pen, to answer every invidious, petulant calumniator.

I hope this argument and proposition will carry some weight with it ; and will much more avail to countenance and enforce the practice of sweating medicines in the Gout, than those pernicious medicines which are now in vogue, and render it still more acceptable and universal than all that may be urged against it. With men of reason, temper, and candour, truth will most certainly have its due weight

weight and force, and pour that conviction on the unprejudiced mind, which it is so irresistibly able to produce. If any farther explication is desired, the serious and candid mind shall be satisfied, there having been nothing said, but what is the result of many years experience.

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## P O S T S C R I P T.

I HAVE, by various addressees to the public, largely demonstrated the nature and spirit of this *opprobrium medicorum*, and I hope with some propriety defined and explained it, along with the pernicious and horrid effects which flow from and attend the present practice among physicians, a class of men honoured, as conservators of health, curers of our corporal infirmities; but whose talent and whose whole study appears calculated more for accumulating wealth, than for the public good; more for their own emolument than the cure of diseases, especially the Gout, which nature assures us can be conquered and subdued by no other way or method than by perspiration and breathing sweats.

Ignorance and audacity generally hold together. From experience I may boldly assert, that were an angel to descend from heaven, and preach up this doctrine which I have inculcated, such is the influence, such are the effects of pride and avarice,

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he would be laughed at, held in derision, and branded with that odious and indelible imputation, Empiric.

It is not to be conceived with what malice and rancour these medical tyrants, Physicians, stigmatize a method which nature gives us, which is the surest guide, the safe director to preserve life, and conquer this formidable disease in every shape and appearance of it, and this by so gentle and easy a way as sweating medicines, of the vegetable kingdom; not those harsh mineral preparations of antimony, so frequent in practice, and so greatly delusive and destructive in weakly constitutions.

Experience along with observation tells us this, therefore prudence loudly admonishes us most diligently and most carefully to pursue this way and no other, opening and enlarging the cutaneous pores, gently stimulating nature, when defective, to perform her salubrious work; in doing this, nothing better requires our closest application, and in nothing can our judgment

ment appear more splendid and to greater advantage.

The mischiefs which ensue, and this daily, by thwarting nature in this malady, are always great, and often remediless; and yet, of this, unskilful Physicians are too frequently guilty, by which they make complex cases of simple ones, embarrass themselves by their own whimsical, erroneous notions, and through their improper proceedings destroy the patient, who perhaps was very safe before. One instance, of which is the late Mr. Soame, a worthy gentleman of Burlington garden, who had frequent fits of the Gout, who (as the expression vulgarly declares) died of the Doctor, but not of the disease. This unfortunate gentleman, to avoid one quack fell into the hands of a greater, dignified by that famous college in Warwick Lane; who from a Surgeon, by the magick force of a diploma, commenced Physician, as the more profitable and exalted employment. This now *medicinæ Doctor*, in Hippocrate's chair, could do no less than treat his patient with wisdom



and dexterity; the disease sometime he treated as Gout, then again as intermittent; thus by various modes and experiments in order to discover the cause, after the use of hot medicines, as Capficum, &c. which not answering his expectation, recourse is had to the Bark, Phlebotomy, Cathartics, saline medicines, and variety of other trumpery, all but the right, which were to assist nature when most distressed. At length the constitution is ruined, a strong fabric destroyed, that bid defiance to the Gout, even had nature been left to herself. The king of terrors with his ghastly face approaching, then, artist like, he dispatches him to Bath, the receptacle and grave for broken constitutions, whither he had not strength to arrive, but finished a miserable state at Reading. Thus was the life of a good man lost, who, had the disease been conducted agreeable to reason and the wise law of nature, had at this day been a comfort to his family; wherefore let him that thinketh he standeth, take heed lest he fall.

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The next case I exhibit is very much parallel to the former, and performed by the most excellent Flemish artist.

Mr. Kettleby, a gentleman of fortune, about fifty years of age, was a great admirer of the medical gentry, more especially new faces. He had for many years been subject to this painful distemper, from an hereditary title. After many attempts and variety of medicines both at home and abroad, which Mr. Marshal, in his excellent treatise, has curiously delineated, Doctor Le Fevre prescribed for him at Liege; and, if you credit this sensible author, Mr. Kettleby received at that time such benefit by his medicine, as to amaze every body that knew him, and the dismal plight he had been in; upon which, in praise of this extraordinary cure and its author, the worthy Divine, by pompous epithets and extravagant encomiums, made no small havock of paper. But the scene soon changed, and with aggravating symptoms, which plainly discovered the imposition, by a nine months painful confinement



finement by the Gout, a disease he assured Mr. Kettleby was totally eradicated.

Hence we view the bitter effects of over-credulity, although supported by the unblemished character of a worthy Divine of our own church. But the catastrophe was suspended, for Mr. Soame's last operator was to have the honour of signing his Mittimus, and by changing hands he finished that which the other fatally begun, along with James's Fever-powder, that were given him even within an hour of his exit. About the same time his sister, Mrs. Cullen, at Hampstead, was sent to bear him company, by her Physician, an avowed enemy to christianity.

Thus you plainly view the wisdom of our medical faculty, that sport away the lives of individuals, the favourites of Heaven, for the sordid enjoyment of the mammon of unrighteousness, because they delight in iniquity so long as they profit by it. But be assured, as before observed, he that sins against his conscience sins with a witness.

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To treat the Gout as intermittent, was what ruined the excellent constitution of Mr. Soame, as also Mr. Kettleby's, and destroyed them, who might have had a fair chance to recover, if nature had been left to herself only, with flannel and patience, and comfortable draughts of that restorative fluid Punch; this would have promoted that salutary evacuation sweat, at the same time supported the spirits; but this is no lucrative doctrine, either to the Physician, or his dependant creature the Apothecary.

No gouty paroxysm can make its approach without a febrile disposition, which is more or less an attendant, and as the distemper advances, the fever does so, though not of an original, but symptomatical species, entirely dependant on the pain; and as the pain is more or less severe, so will the fever be proportionably acute or remiss. The fever, in no part of this disorder, requires a particular treatment, as others which are original do; neither does it advance to a regular crisis,

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as an intermittent, and therefore cannot shorten the fit, or indicate the least intermission from pain to the patient, but on the contrary, encreases his misery. Yet men are weak enough to treat the Gout as intermittent, because the symptoms appear more acute and raging in the evening than in the morning, when nature has been refreshed by gentle perspiration and rest for some hours, which evidently demonstrates the method nature will always take to help herself; and the Physician has nothing more to do but study and imitate nature and her wise precepts. But mal-practice through avaritiousness is too predominant; was nature gently dealt with, little medicine would be required.

If we treat the Gout as nature wisely directs us, evacuating the morbid principles by the pores of the skin, and support it by such warm fluids as I have directed, the patient will always be safe, the Gout will always be regular, fits will always be few and short, and nature left at full liberty to clear effectually the blood and juices of the crude and indigestible

gestible matter, which is the source of the disease at every paroxysm. But farther, if we thus practise, and the patient habituates himself to a life of temperance, he shall be sure of enjoying the most lively degree of health, and vivacity of mind, perhaps to a very advanced age.

How many wretched Arthritics there are complaining of their miseries and sufferings, (who, I am certain, bring all their wretchedness on themselves) yet continue deaf to advice! As long as our bodies are subject to diseases, so long shall we be subject to the Gout, except we use proper medicines, air and exercise, along with temperance in our food and fluids; which if we observe, we shall most certainly preserve life, enjoy health with vigour, render this disease mild, and life desirable.

But our Physicians have got into a labyrinth and cannot get out of it; their medical talent is so hampered and confused, that it, through much study, blinds and confounds them so, that they cannot

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produce a feasible reason for this disease, any more than a specific remedy for it. They frequently direct fiery hot medicines, as Capficum, Camphora, Gum Guaiacum and the like; then all of a sudden change their plan, because the disease appears worse every evening; and therefore treat it as intermittent altogether, by saline medicines, phlebotomy, purgative apozems, and at last the Cortex. If this precarious formula does not succeed, (as I think it impossible) the patient is next ordered into the country, for change of air, as the last and only remedy; by which time friendly death puts a period to all afflictions, screens the barbarity, ignorance and self-sufficiency of the physical executioner, who though an homicide, in the eye of nature and heaven, sleeps securely under the shadow and protection of his Diploma, and fattens on carnage.

If you enquire of these physical oracles what the Gout is, they give you an ambiguous and obscure answer, say it is something which falls on the joints; but what that something is, you are to fathom and discover.

discover. Pray then, what are these wise men about? eating up the people as if they were bread? I answer, only picking your pockets *a-la-mode*. So great are their infatuations, that they know not how to treat the Gout, or administer the least relief; yet can rail, with great freedom, at Quacks and Pretenders to cure the Gout, at the same time, that they are nothing but Quacks and Pretenders themselves.

If Physicians can no longer patch up a ruined constitution with regular prescriptions, and the patient is on the verge of eternity; if some judicious person of superior genius should happen to interfere, and, like a mirror, expose their ignorant process, and cure him, then this good artist is termed a quack, represented as one of the poorest, ignorant, paltry rogues that nature ever produced; making no distinction between men of real merit and the common quacks.

It is also asserted, that an evil spirit of quackery is gone forth, which has possessed

sed all orders of men; this, with some allowance, between the upright, who practise from the motive of pure charity, and those whose views are merely mercenary, should be considered; but permit me, gentle reader, to assure you, that it is such a spirit, and so well supported, by experience and success, that all their medical knowledge, all their wit and sarcasm, under the sanction of *medicina Doctor*, will never lay.

I should take it as a favour to hear the names, which these polite, well-bred gentlemen, are pleased thus to stigmatize. I know of no other than Dr. James, whom the world will allow to be a gentleman of learning and a Physician, beside the much admired Pamphleteer, Dr. Cadogan. Indeed, there is one Drake, a man in private life, and much beneath their notice; who has some of the spirit of quackery in him, a specific for the Gout, and for the Dropsy. If these are considered in that light, and qualify him for that honourable appellation, then all are quacks indeed.

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I am sorry to observe, that erudition and literature do not always enlarge the understandings of the faculty in physic; but I should think these might teach them a little modesty, or common civility. I think it would become a civilized creature, to be careful in not wounding the reputation of any person upon the score of his profession; for it is very difficult to be sure of anything, therefore becomes men well to be sure they understand before they take the liberty to condemn, *Cavete autem falsos vates, qui quidem veniunt ad vos in vestimentis ovium, cum intus sint rapaces lupi. Eos ex suis fructibus cognoscetis.*

Socrates, after a long life spent in pursuit of wisdom, gave this as the sum of his learning: ‘ This only I know, that I know nothing.’

For shame, Brethren, give over your abusive language, and treat one another as Christians, for this world is only a short stage of an eternal journey. Look not  
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with disdain and contempt on any; but look up to God with a grateful heart, and thank him for the blessings of your station. Let us be mindful of the great and last day, wherein we must render an account of every idle thought, word, and work. Let us reflect from whence we came, and whither we are bound; what we are, why we are, and from whom we are; that so this knowledge of ourselves, may lead us up to the knowledge of God. For the more perfect understanding we have of our own condition, the nearer we shall approach to, and advance proportionably to a right understanding of, the Divine Nature and Perfection.

F I N I S.